

**In the Abstract:**

**Please amend the abstract as follows:**

A gliding board, including: an injected polyurethane foam core; lateral reinforcing elements ~~(13, 14)~~, which form some or all of the edges of the board; at least one internal reinforcement ~~(1)~~, which is in the form of a solid layer; and two outer layers, of which the lower layer forms the gliding surface ~~(11)~~ and the upper layer forms the protective layer ~~(23)~~; ~~wherein the~~ The internal reinforcement ~~(1)~~ rests on recesses ~~(16)~~ which are provided for this purpose in each of the lateral reinforcing elements ~~(13, 14)~~; ~~said~~ The internal reinforcement ~~having~~ has notches ~~(2, 3)~~ on its side profiles so that, level with ~~said~~ the notches, the injected core passes through it in order to at least partially occupy the volume ~~(21)~~ defined between the internal reinforcement ~~(1)~~ and at least one of the two outer layers ~~(23)~~.